

Top 10 Reasons

Why Health Care Professionals SHOULD Refer Their Patients to the Indiana Tobacco QuitLine

- 1** The QuitLine is effective - Meta-analysis of 13 studies shows a 56% increase in quit rates when compared to self-help.
- 2** Participants can receive 2-weeks FREE Nicotine Replacement Therapy (NRT) and support materials (while supplies last).
- 3** The QuitLine services are available in multiple languages (170) including English and Spanish.
- 4** The QuitLine Coaches are highly trained in cognitive-behavioral therapy (240+ hours of training) and more than 50% have 3+ years prior experience in counseling.
- 5** The QuitLine Program pre-arranges four appointments with a coach and 10 appointments for pregnant women and provides unlimited access to participants as long as necessary.
- 6** Surveys indicate that tobacco users are several times more likely to use the QuitLine than a face-to-face program.
- 7** The QuitLine is Accessible -The QuitLine eliminates many barriers of traditional classes (having to wait for classes to form, needing transportation, etc.); helpful for individuals with limited mobility and those in rural or remote areas; appeal to those who are reluctant to seek help provided in a group setting.
- 8** The QuitLine is CONFIDENTIAL and a HIPPA Compliant Entity!
- 9** The QuitLine is FREE and easy to use!
- 10** The QuitLine WORKS!



1-800-QUIT NOW
Indiana's Tobacco Quitline

**Be
Proactive**

"YOU" can double your patient's chances of quitting.